

NEW JERSEY WIC PROGRAM AUTHORIZED FOODS

Effective October 1, 2009

New products introduced to the market after the effective date are not allowed.



Breastfeeding is Baby's Best Start



This institution is an equal opportunity provider and employer.



BREASTFEEDING IS BABY'S BEST START

BABY FOODS - MEATS for

Fully breastfeeding infants 6 through 11 months old

- Amount and size listed on your WIC check
- Single meat or poultry varieties with broth or gravy

NOT ALLOWED

Infant food combinations (such as meat and vegetables); infant dinners (such as spaghetti and meatballs); baby foods with added sugars or salt; organic baby meat

CANNED FISH for

Women who are fully breastfeeding

- **ANY BRAND**
LIGHT TUNA
Minimum 5 - ounce cans packed in water only
Plain varieties only

PINK SALMON

7.5 - ounce and 14.75 - ounce cans packed in water or oil only; plain varieties only

SARDINES

3.75 - ounce cans packed in water or oil only
May contain bones and skin; plain varieties only

NOT ALLOWED

Albacore tuna, blueback salmon, red salmon; flavored fish; fish with added ingredients; fish in pouches; fish in individual serving size containers

INFANT CEREAL

- Amount and size listed on your WIC check
- 8 - ounce and 16 - ounce boxes only
- Plain varieties only: Rice, Oatmeal, Mixed Grains, Whole Wheat

NOT ALLOWED

Organic infant cereal; infant cereal with extra ingredients such as DHA, formula, fruit, yogurt or added protein

BABY FOODS - FRUITS and VEGETABLES

- Amount and size listed on your WIC check
- Any variety of single ingredient commercial infant food fruit
- Any variety of single ingredient commercial infant food vegetable
- Combination of plain single ingredients (such as peas and carrots)

NOT ALLOWED

Baby foods with added sugars, starches, or salt; baby food mixtures with cereal or infant food dessert (such as peach cobbler); organic baby food; any variety of baby foods that contains DHA or yogurt

INFANT FORMULA

- Brand, size, and type as listed on your WIC check.

MILK

- Plain pasteurized cow's milk only
- Type, size and amount as listed on your check

• STORE BRAND ONLY

FLUID

Fat Free/Skim
Low Fat/Light 1%
Reduced Fat 2%
Whole Milk

EVAPORATED/CANNED

Fat Free or Whole (12-ounce cans only)

• ANY BRAND

LACTOSE REDUCED or 100% LACTOSE FREE

Fat Free/Skim
Low Fat/Light 1%
Reduced Fat 2%
Whole Milk

UHT MILK (SHELF STABLE)

Fat Free/Skim
Low Fat/Light 1%
Reduced Fat 2%
Whole Milk

DRY/POWDERED

Fat Free/Skim
Low Fat/Light 1%
Reduced Fat 2%
Whole Milk

NOT ALLOWED

“Plus” milk; goat milk; rice milk; milk with added flavor or sugar; cultured buttermilk; acidophilus cultured milk; Kefir cultured milk; organic milk; Leche Klim; half and half; and milk with added calcium

SOY MILK

- Type, size and amount as listed on your WIC check

TOFU

- **NASOYA Lite Silken Tofu** only
- 16 - ounce (1 pound) package only

NOT ALLOWED

Tofu with added fats, sugars, oils, sodium; organic tofu

Helpful Hints!

16 ounces = 1 pound
or
32 ounces = 2 pounds

CHEESE

- Cheese made in the USA from 100% pasteurized cow's milk only
- Cheese labeled low or reduced cholesterol, low or reduced fat, or low or light in sodium are allowed
- **STORE BRAND ONLY**

- 16 - ounce package only in the following varieties:

Cheddar	Part-Skim or Whole Mozzarella
Colby	Pasteurized Process American
Monterey Jack	Swiss

NOT ALLOWED

Individually wrapped slices; deli cheese; imported cheese; cheese food; cheese spread; cheese product; flavored cheese; string cheese; organic cheese

EGGS

- Grade A Large only
- White only
- One Dozen Carton only

NOT ALLOWED

1/2 dozen cartons (6 eggs); cooked eggs; jumbo eggs; extra large eggs; medium eggs; brown eggs, specialty eggs; organic eggs; low cholesterol eggs; Eggland's Best; cage free/free range eggs; eggs with omega-3

BEANS, PEAS and LENTILS

• ANY BRAND

DRY

All plain varieties of mature beans, peas or lentils
One Pound (16 - ounce) only

CANNED

All plain varieties of mature beans, peas, or lentils
15.0 - 16 ounce only

NOT ALLOWED

Green beans; green peas; snap beans; orange beans; wax beans; baked beans; pork and beans; beans with meat (such as franks and beans); canned beans containing added sugars, fats, meat or oils; organic beans; soups

PEANUT BUTTER

• STORE BRAND ONLY

- 18 - ounce Jar only
- Creamy and crunchy are allowed
- Low fat varieties are allowed

NOT ALLOWED

Organic peanut butter; natural peanut butter; peanut spread; freshly ground or whipped peanut butter; peanut butter mixed with jelly, marshmallow, chocolate or honey; peanut butter with added vitamins and minerals

WHOLE GRAIN BREAD PRODUCTS

- One pound (16 - ounce) only
- **ARNOLD**
Stone Ground 100% Whole Wheat Bread

- **HAUSWALD**
100% Whole Wheat Bread

- **PEPPERIDGE FARM**
Stone Ground 100% Whole Wheat Bread
Very Thin Sliced Soft 100% Whole Wheat Bread
Whole Grain Seeded Rye Bread

- **PATHMARK**
100% Whole Wheat Bread

- **SHOPRITE**
100% Whole Wheat Bread

- **STERN'S**
100% Whole Wheat Bread
100% Whole Wheat Rolls - 8 count
Choice Grain Bread

- **STOP & SHOP**
100% Whole Wheat Bread (no salt added)

- **WEIGHT WATCHERS**
Multigrain Bread
100% Whole Wheat Bread
Whole Wheat Rolls - 8 count

OTHER WHOLE GRAIN PRODUCTS

- **BROWN RICE**
Any Brand
One-pound (16-ounce) **or** two-pound (32-ounce) only
Plain brown rice in boxes or bags
May be instant, quick or regular cooking

- **TORTILLA**
Chi Chi's Whole Wheat Tortilla only
16 - ounce (1 Pound) package only

NOT ALLOWED

Brown rice with added sugars, fats or salt; brown rice with other ingredients

Call your Local WIC Office
if you have any questions or concerns.

